



Air Force Holiday/Winter Safety Campaign 2013

Safe 'n Sound, All Year Round

Another holiday and winter season is upon us. The seasonal activities and celebrations that we participate in all have unique risks. Being aware of these risks and preparing to the best of our abilities, helps keep everyone *Safe 'n Sound*.

The Air Force Ground Safety Holiday/Winter campaign will run from 22 November 2013 through 2 January 2014. This year we've looked at the on- and off-duty mishap data for Class A, B and C. During the 2012 season, private motor vehicle and sports and recreation remained the categories with the greatest number of mishaps in Class C (231). Unfortunately, zero fatalities escaped us once again; we lost four Airmen – three of the four were vehicle related.

To help mitigate some the vehicle mishaps and provide an additional resource for supervisors and commanders, Air Force Ground Safety has implemented CAC-enabled TRiPS, Travel Risk Planning System. Staying extra vigilant throughout the season and an increased effort in trip planning and preparation, are part of the formula for everyone to return after the holidays *Safe 'n Sound*.

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All artwork in this campaign plan and photos for use in your campaign is available in high resolution on the Air Force Ground Safety SharePoint site (<https://cs3.eis.af.mil/sites/OO-SE-AF-18/default.aspx>).

Chapter 1

The Long and Winding Road

It's that time again: the winter/holiday season—one of the busiest travel times of the year. With the change in weather and the rush of the season, hazards are everywhere. Last year's data show there were four fatalities in off-duty mishaps; one permanent total disability mishap in a government vehicle (on-duty Class A); and four permanent partial disability mishaps (Class B) from Thanksgiving through New Year's. Even more alarming is the number of Class C's: 158 on-duty and 231 off-duty. Whether you're on duty or off, knowing what's out there can prevent an accident or save a life.

The CAC-enabled TRiPS website for all Air Force members is up and running (<https://www.my.amil/trips/af/Login.aspx>). This tool is great for planning your trip as well as providing peace-of-mind for both you and your supervisor: you can learn more about the possible dangers of your trip and someone knows your plans in case of an emergency.

Preparation for travel and the change in weather conditions will mitigate many of the problems you might encounter. All vehicles should be ready for winter weather—your POV, GOV and sports-related vehicles all need preparation. The following information will ensure your vehicles are ready for the season:

<http://www.in.gov/indot/div/projects/pubs/video.html>



<http://autorepair.about.com/od/regularmaintenance/a/winterchecklist.htm>

Fatigue is also a common hazard during this time of year. We're all thinking about spending time with family and friends and how to maximize that time. We want to attend all the parties, dinners and celebrations hosted by the unit, squadron, group *and* friends. In our rush to do so, are we sacrificing needed rest to get there and back *Safe 'n Sound*? Are the celebrations causing sleep loss? Have you lost focus on duty because you're tired? These are just a few of the questions to ask yourself that can avoid a mishap. Driving tired or operating equipment is as dangerous as performing these tasks drunk. The photos below illustrate some of the on-duty tasks that can be risky if done while tired. (Hi-res versions are available on SharePoint, <https://cs3.eis.af.mil/sites/OO-SE-AF-18/default.aspx>.)



Airmen work in the outside cargo yard at Dover Air Force Base. (U.S. Air Force photo/Roland Balik)



MINOT AIR FORCE BASE, N.D. -- Member of the 5th Aircraft Maintenance Squadron, prepare to fuel a B-52H Stratofortress (U.S. Air Force photo/Senior Airman Michael J. Veloz)



MINOT AIR FORCE BASE, N.D. -- Members from the 5th Civil Engineer Squadron, remove excess snow from the streets in base housing here Jan. 5. Snow removal is key to transportation safety on base and in the local area. (U.S. Air Force photo /Senior Airman Michael J.Veloz)



U.S. Air Force Airman 1st Class Lenford Johnston clears a path of snow from the aircraft bays on the flightline, Eielson Air Force Base, Alaska. Removing safety hazards like snow prevents slips, trips and falls. (U.S. Air Force photo by Staff Sgt. Christopher Boitz)



A member of the 92nd Aircraft Maintenance Squadron removes snow from around a KC-135 Stratotanker refueling aircraft at Fairchild Air Force Base, Wash. Maintenance Airmen removed snow from aircraft to minimize the possibility of damage prior to taxi and take-off. (U.S. Air Force photo/Staff Sgt. Michael Means)



U.S. Air Force Airman 1st Class Devoris Weldon, 354th Civil Engineer Squadron pavement construction heavy equipment operator apprentice, bulldozes a snow dump, Eielson Air Force Base, Alaska. (U.S. Air Force Photo/Airman 1st Class Peter Reft)

The dangers of being tired off duty can be deadly. If you're in a rush to get to your destination, (e.g., driving long distances after a full shift, speeding to get there or driving in a storm) and you're tired, your judgment and reaction time are effected. Below are some links for information on fatigue.

<http://www.fmcsa.dot.gov/about/outreach/education/driverTips/Driver-fatigue.htm>

<https://www.aaafoundation.org/drowsy-driving?gclid=CJLLjf2q7rgCFbAWMgod1ywAiQ>

<http://trafficsafety.org/safety/risk/driver-fatigue-quiz>

<http://drowsydriving.org/about/facts-and-stats/>

Chapter 2

Christmas Lights

Are you ready to decorate for the holidays? No matter what or how you celebrate this time of year, decorations are a family tradition for many. It's easy to get caught up in the festivities, and while you're busy decorating your home or office; safety may be one of the last things on your mind.

According to the U.S. Consumer Product Safety Commission, there were 14,000 injuries related to holiday decorations in 2011, an increase of 1,000 over the previous year. To ensure you have a safe, healthy, and happy holiday season with your friends and family, here are 12 tips to keep in mind as you deck your home:

- 1. Keep live trees away from heat sources.** Place your tree away from fireplaces and heaters, and keep a fire extinguisher near your tree. Live trees are highly flammable, due to needles and sap.
- 2. Hydrate your tree.** A dried-out tree can catch fire faster than one that has been properly watered. Check the water level every other day to ensure proper hydration.
- 3. Fake it!** If you buy an artificial tree, make sure it's labeled "fire resistant." Fire-resistant (which does not mean fireproof) trees are less susceptible to catching fire.
- 4. Don't burn wrapping paper in the fireplace.** Paper can catch fire very quickly and can cause flash fires. Instead, recycle (or better yet, reuse!) your wrapping paper.
- 5. Work as a team.** When stringing lights and decorations above your normal reach, make sure you use a proper ladder with someone supporting the base.
- 6. Double-check your lights for safety.** Replace any lights with frayed wires, broken sockets, and loose connections.
- 7. Power down before you turn in.** Turn off all lights when you go to bed and before leaving the house to avoid a short that could start an electrical fire.
- 8. Prevent electrical cord damage.** Don't mount lights in a way that might damage the cords, and avoid using nails or tacks. Use hooks or insulated staples instead.
- 9. Secure candles.** Keep candles on a sturdy base to prevent tipping. Never leave a lit candle unattended.
- 10. Use unbreakable ornaments.** If you have fragile ornament, place them out of reach s from pets and kids.
- 11. Skip the fake food.** Avoid decorations that look like candy or food if you have young children in the house.
- 12. Beware of poisonous plants.** While festive, poinsettias are poisonous when eaten, so keep them out of reach of kids and pets.

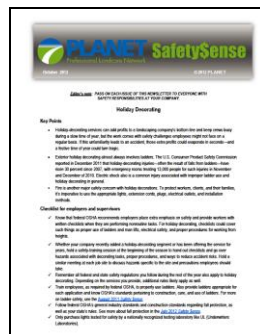
There may be additional safety requirements differences for your on-duty decorating. Check with your installation fire department for local information as well as AFI91-203 (6.2.13) which lists the following guidance for workplace decorations:

1. Electric string lights and wiring must be UL (or equivalent) approved and in good operating condition.
2. Unplug all electrical decorations when work area is unoccupied.
3. Decorations shall be noncombustible or fire retardant.
4. Larger decorations, i.e., Christmas trees or fake fireplaces, if authorized, shall not block exits or paths of egress.
5. Decorations utilizing an open flame are prohibited.

One of the most common injury-causing hazards during this season is the use – or the improper use – of ladders. The Centers for Disease Control and Prevention reports that nearly 6,000 people are treated in emergency departments every year for holiday decorating-related falls. Almost half of those falls are from ladders, and men are much more likely than women to be injured. Many people sustain injuries from falling off the roof while mounting lights or other decorations, and from falling off furniture they stand on to hang indoor decorations up high. Here are some tips when decorating on or from your roof:

- Install lights/decorations on a good-weather day, i.e., no wind, ice, snow or rain
- Check lights/decoration on ground to make sure they work properly
- Make sure you have the proper equipment for installation:
 - clips made for hanging lights, such as gutter clips and trim clips
 - good shoes with plenty of traction
 - correct ladder in size and construction
- Make sure lights/decorations are UL approved for outdoor use and follow manufacturer's recommendations
- Make sure lights/decorations do not have exposed wires, frayed edges, loose connections, or broken or cracked sockets
- Use a good sturdy extension ladder that will extend 3' above the edge of the roof
- Make sure your ladder is set on stable, even ground so it doesn't fall while in use
- Use a ladder as much as possible so you don't have to climb up on a roof. Remember that decorative lights are made for temporary use and should be taken down within 90 days to prevent damage caused by weather
- Never hang lights near (or on) power lines or feeder lines. Feeder lines are the lines that go from the power pole to your house

Below is more information to help your decorating a safety success:



http://www.usfa.fema.gov/citizens/home_fire_prev/holiday-seasonal/winter.shtm

<http://www.laddersafety.org/>

https://www.osha.gov/Publications/portable_ladder_qc.html

<http://www.emergencycareforyou.org/YourHealth/HolidayAndSeasonal/Default.aspx?id=1736>

<http://freebreakingnews.org/2012/10/16/decorating-your-spokane-roof-safely/>

Available on SharePoint (<https://cs3.eis.af.mil/sites/OO-SE-AF-18/default.aspx>) is a video showing how quickly a Christmas tree will burn when it is watered versus dry reminding us that a fire can happen in seconds.

Chapter 3

Super Skier's Last Race



Enthusiasts of winter sports – both outdoor and indoor – are getting ready for skiing, snowboarding, ice fishing, basketball, ice hockey, etc. There are many activities and just as many chances for injuries while participating in your favorite winter sport. Just make sure that you are physically prepared and have the proper personal protective equipment for whatever winter activity you plan to undertake.

Last year during the holiday/winter season, there were 141 Class C sports-related mishaps: 44 on-duty and 97 off-duty. With proper preparation, many of those were preventable. And that's only the numbers for the Air Force! Nationally, according to the U.S. Consumer Product Safety Commission, in 2011, nearly 300,000

people were treated for winter sports-related injuries. These included more than 58,000 injuries caused by sledding, nearly 109,000 snowboarding injuries and more than 124,000 skiing injuries.

The American Academy of Orthopedic Surgeons offers the following advice to help you prepare (<http://healthfinder.gov/News/Article.aspx?id=672318>):

- Check the weather before heading outdoors. Pay attention to warnings about storms and severe drops in temperature. Make adjustments for icy conditions, deep or wet snow, and bad weather.
- Dress properly. Wear several layers of light, loose clothing that's both water- and wind-resistant to stay safe, warm and dry. Wear appropriate safety gear – such as goggles and helmets – and ensure that all equipment is in proper working order.
- Don't go out alone. You should always be with a partner and remain in sight of each other. Make sure that someone else knows about your plans and whereabouts during your outdoor activity. It's also a good idea to carry a cellphone with you.
- Warm up thoroughly before your activity in order to prevent muscle, tendon and ligament injuries.
- Drink lots of water before, during and after outdoor activities.
- Stay in shape and condition your muscles before the season begins. If you are over age 50, consider having a medical check-up before you start participating in a winter sport.
- Know and obey all the rules of your sport. Take a lesson from a qualified instructor, particularly in sports such as skiing and snowboarding.
- If you're in pain or feeling tired, call it a day.
- Seek shelter and medical attention if signs of hypothermia or frostbite affect you or a companion. Early symptoms of frostbite include numbness and tingling, lack of feeling and poor motion in your fingers or toes.

<http://www.healthywomen.org/content/article/winter-sport-safety-checklist>

http://www.alive.com/articles/view/23373/prepare_your_body_for_winter_sports

<http://www.bidmc.org/YourHealth/HealthNotes/WinterWellness/WinterOfGoodHealth/WinterWorkoutsPrepare.aspx>

<http://www.cdc.gov/features/hockeyconcussions/>



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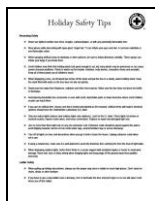
The resources above are available on the Ground Safety SharePoint site (<https://cs3.eis.af.mil/sites/OO-SE-AF-18/default.aspx>), including a high-resolution version of the photo included at the beginning of this chapter.

Chapter 4

I Just Want to Celebrate

It's party time! From Thanksgiving to New Year's, the holiday celebrations are happening everywhere. We all think of this time as one of the most joyful seasons, but it's also the time to pay greater attention to safety. During the past two holiday campaign seasons, there were eight fatalities and 75 percent of those were PMV-related. In planning your festivities, consider and prepare for the hazards.

As a party host, you want to take into account the food you're serving. Do any of your guests have allergies? Has the food been cooked and/or stored properly? Food poisoning or an allergic reaction can cause lost work days or cause someone to lose focus on-duty when feeling ill. For some additional tips National Safety Council holiday safety tips:



We're all aware that in planning a night on the town or going to a party, means having a plan to get home safely. But having a plan is equally important for the host of a party. Include non-alcoholic beverages for the designated drivers; remind your guests to have a designated driver; a responsible host may mean not drinking in order to give a ride home to guests who are drinking; calling them a taxi; or offering your couch for the night.

Another important hazard to consider, if you are the designated driver, it's not only your drinking you should keep in mind. According to the Troy, Michigan police department, many holiday drinkers don't drink often, so they have a lower tolerance for alcohol. These people often underestimate their level of impairment and sometimes drive when they shouldn't.

http://www.cityoftroympolice.com/alerts_tips/Pages/holiday_drink.aspx

Some additional resources for this chapter:

<http://www.trafficsafetymarketing.gov/preHolidaySeason2012>

<http://www.drinkinganddriving.org/> (not specific to the holidays)

<http://www.madd.org/drunk-driving/safe-party/>



Chapter 5

Ice Ice Baby

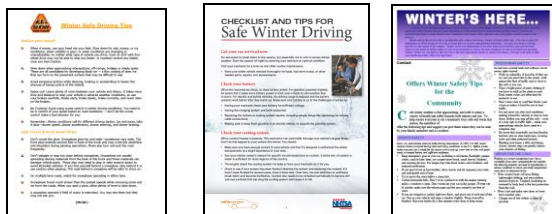
Encountering black ice, whether you're driving a PMV, GOV or on foot, is a cause of many injuries during the winter months. What is black ice? It's a very thin layer of frozen water without many air bubbles. It's the lack of air bubbles that make the layer of ice transparent and creates the illusion of a wet road rather than icy. This can be detrimental to anyone who comes upon a black ice covered road unknowingly. Out of nowhere the vehicle (or your feet) can start to skid and slide in any direction, causing a mishap (http://www.arifleet.com/publications/safety_tips/tips_for_driving_on_black_ice/).

During the 2012 holiday season, there were five Class A mishaps: three PMV-related fatalities and one GOV-related Class A (permanent total disability). Class C vehicle-related mishaps for this period totaled 78; 8 on-duty and 70 off-duty. While not all were due to ice or other winter road conditions, the odds are great for this type of mishap.

When you're driving a vehicle across a body of water, a factor to remember is the thickness of the ice and whether or not it's safe to drive over. You may not always be able to tell the thickness so to help you can find some guidelines and a chart that outlines safe loads for clear, solid ice at this website: http://www.engineeringtoolbox.com/ice-thickness-safe-loads-d_1566.html.

Additional information for driving on ice or snow can be found at the following websites:

<http://www.safetyservicescompany.com/industry-category/construction/winter-safety-tips-on-driving-on-icy-slopes-or-hills/>
<http://www.maine.gov/bgs/riskmanage/tipofthemonth/tip20.htm>



Ice is not only a danger to drivers; it's a danger to pedestrians. The Canadian Safety Council (<https://canadasafetycouncil.org/senior-safety/safety-tips-winter-walking>) says it best:

“Facing an icy surface can be a paralyzing experience. Not everyone has grippers and other safety aids. So, what should you do if it's impossible to avoid an icy patch? Believe it or not, body movements can increase your stability on an icy surface.

First, slow down and think about your next move. Keep your body as loose as possible; spread your feet to more than a foot apart to provide a base of support. This will help stabilize you as you walk.

Next, keep your knees loose and don't let them lock. If you can, let them bend a bit. This will keep your centre of gravity lower to the ground, which further stabilizes the body.

Now you are ready to take a step. Make the step small, placing your whole foot down at once. Then shift your weight very slowly to this foot and bring your other foot to meet it the same way. Keep a wide base of support.

Some people prefer to drag their feet or shuffle them. If this feels better to you, then do so. Just remember to place your whole foot on the ice at once and keep your base of support approximately one foot wide. Of course, it's always better to avoid tricky situations by being prepared and planning a safe route for your walk."

For more on walking safely on ice and snow:

<http://www.igb.illinois.edu/safety/walking-safely-slippery-conditions>

http://www.reformer.com/localnews/ci_22430105/snow-safety-tips-walking-and-shoveling

<http://www.dvidshub.net/news/100862/walking-thin-ice-know-before-you-go>

Chapter 6

Cold Weather Blues

So much can happen during the long, cold winter months. And much can be done in preparation to prevent injuries or accidents. One of the most obvious hazards of winter is the cold. Hypothermia and frostbite can occur more quickly than most people realize – and it can be deadly!

According to the Mayo Clinic, hypothermia is defined as:

“...A medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6 F (37 C). Hypothermia occurs as your body temperature passes below 95 F (35 C).

When your body temperature drops, your heart, nervous system and other organs can't work correctly. Left untreated, hypothermia can eventually lead to complete failure of your heart and respiratory system and to death.

Hypothermia is most often caused by exposure to cold weather or immersion in a cold body of water. Primary treatments for hypothermia are methods to warm the body back to a normal temperature.”

More details from the Mayo Clinic are available at:

<http://www.mayoclinic.com/health/hypothermia/DS00333>

<http://www.mayoclinic.com/health/hypothermia/DS00333/DSECTION=symptoms>

Airman-to-Airman Safety Advisory Council member A1C Amanda Van Speybroeck is all too familiar with hypothermia; she lost her mother to it. You can find her story at:

<http://www.afsec.af.mil/news/video/index.asp>

Snow and ice create hazards for your duty location just as much as at home. Shoveling snow properly can prevent back injuries and keeping walkways clear of snow and ice prevents many slip and fall injuries.

All snow/weather-related requirements are explained in AFI91-203. Two sections that apply to most workplaces are:

5.10. Snow and Ice. Snow and ice shall be removed from all walkways, sidewalks and work areas expediently where they may create a hazard or interfere with the work. If ice cannot be readily removed, sand or other approved materials shall be applied. Snow and icicles above walkways shall be removed.

7.2.2.3. Walkways. Exterior walkways shall be kept clear of obstacles that block the right-of-way or present slipping and tripping hazards. Facility managers shall ensure removal of accumulated snow or ice. Abrasive materials, salt or other snow melting material shall be used on walking surfaces when it is impractical or impossible to remove snow and/or ice.

For details about snow and ice removal at your installation, check with your local safety office.

Additional information on the hazards of winter weather and hypothermia:

<http://www.nlm.nih.gov/medlineplus/hypothermia.html>

https://www.osha.gov/dts/weather/winter_storm/preparedness.html

<http://www.safetytoolboxtopics.com/Slips-Trips-and-Falls/slips-trip-and-falls-winter-safety-tips.html>

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